

DRAFT

MCO 1500.54A  
C 472

MARINE CORPS ORDER 1500.54A

From: Commandant of the Marine Corps  
To: Distribution

Subj: MARINE CORPS MARTIAL ARTS PROGRAM (Short Title: MCMAP)

Ref: (a) Martial Arts Center of Excellence (MACE) website,  
[https://WWW.TBS.USMC.MIL/PAGES/MARTIAL\\_ARTS](https://WWW.TBS.USMC.MIL/PAGES/MARTIAL_ARTS)  
(b) MCO P1020.34F Marine Corps Uniform Regulations  
(c) MCO 1510.122A, Individual Training Standards for the  
Marine Corps Martial Arts Program (MCMAP)  
(d) MCO P1080.40A Marine Corps Total Force System  
Personnel Reporting Instructions Manual (MCTFSPRIM)  
(e) MCO P1700.29 Marine Corps Semper Fit Program Manual

Encl: (1) Guidelines for the MCMAP Combative Sports Program  
(2) Performance Evaluations and Promotions in the Belt  
Ranking Achievement System  
(3) Guidelines for the completion of an Elements of  
Martial Culture Analysis  
(4) Guidelines for the completion of a Unit Training  
Integration Plan  
(5) Example Request for Promotion to Black Belt Fourth  
Degree  
(6) Example Request for Promotion to Black Belt Fifth  
and Sixth Degree  
(7) NAVMC 11432 Instructors Course Record

Report Required: Martial Arts Instructor/Martial Arts Instructor  
Trainer Certification Course Class Roster (Report Control Symbol  
XX-XXXX).

1. Purpose. This order establishes policies, procedures, and  
standards for effective management, operation, and maintenance of  
the Marine Corps Martial Arts Program (MCMAP).

2. Cancellation. MCO 1500.54.

DISTRIBUTION STATEMENT A: Approved for public release;  
distribution is unlimited.

## DRAFT

MCO 1500.54A

3. Background. MCMAP is an integrated martial art, designed for, and executed by all Marines throughout their careers. MCMAP is a revolutionary step in the development of martial skills for Marines, it replaces all other close combat-related systems preceding its introduction. Previously, close combat programs emphasized physical skills and empty-handed fighting. As a Commandant of the Marine Corps (CMC) initiative in the Summer of 2000, MCMAP addresses the full spectrum of the force continuum of the battlefield and fulfills the need to build Marines with the mental and character traits required to succeed in the future. MCMAP will continue to sustain the transformation from civilian to Marine by capitalizing on the zeal of recruit training, and development of the Marine ethos in a progressive manner throughout a Marine's career.

4. Summary of Revision. This order supersedes MCO 1500.54 and therefore should be reviewed in its entirety.

5. MCMAP Philosophy. Making America's Marines, winning our nation's battles, and creating quality citizens are the three major goals identified in the Marine Corps Strategy 21's Vision. The MCMAP directly contributes to accomplishing all three of these goals by providing a systematic training regimen for the mental, character, and physical development of Marines.

a. MCMAP is a synergy of mental, character and physical disciplines with application across the full spectrum of violence. In concert with proven Marine Corps leadership, rigorous training in these three disciplines enhances the Marine both on and off the battlefield. The mental and character disciplines - the bedrock of the program - assist greatly in making leaders and citizens imbued with our core values of honor, courage and commitment, and schooled in the warrior tradition. The physical discipline promotes confidence, competence and fitness in the individual Marine and cohesion in the unit.

b. Through the fusion of mental and character disciplines, within intensely physical application, a permanent change occurs in a Marine regardless of rank, billet or time served. MCMAP provides Marines with a motivation, and framework starting at entry-level and sustained throughout their careers. The following is a list of components taught at each belt level in the MCMAP:

(1) Mental Discipline - Development of the combat mindset and the study of the art of war. Areas include:

## DRAFT

MCO 1500.54A

(a) Warrior Studies - Guided discussions using individual combat citations with a battlefield close-in fighting perspective. They are designed to give the Marine the ability to compare and contrast aspects of warriors' individual actions with their own experience in the Corps.

(b) Martial Culture Studies - Guided discussions highlighting societies and organizations whose primary intent is/was the creation, development, training, and sustainment of warriors. Martial Culture Studies apply to Gray through 1<sup>st</sup> Degree Black Belt; participation in discussions on martial cultures are mandatory for belt rank advancement. The Martial Culture Study on the Marine Raiders is mandatory for advancement to the Gray Belt rank.

(c) Combative Behavior - Study of the culture of interpersonal violence.

(d) Professional Military Education (PME)-  
Completing rank appropriate PME.

(2) Character Discipline - The Marine Corps Core Values - honor, courage, and commitment - are the cornerstone of character discipline. MCMAP employs discussions integrating the principles of values, ethics, integrity and leadership. Character discipline stresses the importance of the Marine's place as a warrior on the battlefield as well as a functional member in society.

(3) Physical Discipline - Development of fighting techniques and battlefield fitness.

(a) Physical skills - Fighting techniques including: battle skill orientation; stance; posture; movement; weapons handling and function; striking; cutting; grappling; restraints and manipulations; and integration of weapons. The training principles of Sustainment and Integration are employed in application of the physical skills. Accordingly, it pertains to all belt ranks and is a valuable tool for instruction in the physical discipline. Sustainment refers to the repetition of physical techniques from previously held belt levels, to include executing from both the dominant and the weak-side of the body. Each belt rank has mandatory sustainment training before the Marine can begin training at the next higher belt rank. Integration refers to the combining of techniques from the current and previous belt levels or the combination of martial

## DRAFT

MCO 1500.54A

arts techniques with Military Occupational Specialty (MOS) skills.

(b) Combative Fitness - Battlefield-oriented conditioning in a simulated combat environment; techniques include: movement on rough ground; approach, close, and engagement of an opponent; and fighting while fatigued.

(c) Combative Sports - Competitive physical training to include striking and grappling to develop martial spirit and unit cohesion. Details of the MCMAP Combative Sports Program are contained in enclosure (1).

6. Safety Education. MCMAP techniques, and the associated combative conditioning that accompanies their application - are rigorous and are conducted in simulated battlefield conditions. Additionally, many MCMAP drills require Marines to execute techniques while fatigued, further increasing the potential for injury. The ability to safely and professionally conduct lethal techniques in a highly dynamic environment is of the utmost importance.

a. Accordingly, the tenants of Operations Risk Management (ORM) are employed in all phases to minimize training related injuries. Safety parameters are established for all individual and group fighting techniques, and are practiced and reinforced by each Martial Arts Instructor (MAI) or Martial Arts Instructor Trainer (MAIT). ORM assessments are continuous and are the responsibility of each instructor providing training. ORM assessments for all techniques and drills are available at reference (a), and serve as the basis for individual instructor ORM assessments.

b. All techniques are fault-checked for safety by the Office of the Armed Forces Medical Examiner. At all levels of training, instructors and students must strictly adhere to the use of proper safety equipment and procedures.

c. MCMAP Safety Terms and Definitions. The following terms and definitions are MCMAP specific.

(1) "Hands Out" applies during all training. "Hands Out" is a position taken by a contestant who has received a blow that causes him to be/feel incapable of continuing the training/contest. The Marine will hold both hands out horizontally towards his opponent. He will attempt to move away from his opponent. He may announce "stop" at this time.

(2) "Tap Out" applies during all training. "Tap Out" is an action taken by a Marine who is conceding or has reached the limit of his/her tolerance. The Marine "Tapping Out" will either tap on his opponent, on the mat/ground, or announce "stop."

d. MAIs and MAITs will be trained in safety procedures to include: individual safety; proper use of martial arts training equipment; exercise and drill set-up and execution; and proper medical responses to training mishaps.

7. Belt Ranking Achievement System. Each belt grade earned by the individual Marine encompasses aspects of the three disciplines (mental/character/physical), as well as elements of PME. Testing for belt advancement consists of a combined proficiency and performance test. The proficiency test measures fighting techniques honed in the individual's previously held belt rank(s). The performance test measures skills and knowledge attained in training for the new belt rank. The individual is evaluated in the Mental, Character, and Physical Disciplines of the new belt. The proficiency and performance tests have a minimum passing grade of 90% and 70% respectively. Enclosure (2) details the proficiency and performance tests for each belt level.

a. Foremost in the grading is the recommendation of the Reporting Senior, the overall performance of the Marine, and the concurrence of the Marines' Commanding Officer. Belt advancement is indicative of increased responsibility. The MCMAP belt system incorporates a building block approach, progressively increasing the difficulty of the techniques while advancing the skill proficiency and leadership abilities of the individual Marine. It is incumbent on both the individual Marine and the chain of command to adhere to the standards detailed in this order.

b. Tan Belt through Green Belt emphasizes individual combat techniques both armed and unarmed, and concentrates on building character and developing leadership skills. Brown Belt and Black Belt emphasizes combat techniques against multiple opponents both unarmed and armed, strengthening character, and expanding and reinforcing leadership skills.

c. Wear of the Martial Arts belts is governed by reference (b). Reference (c) details the specific training standards for

## DRAFT

MCO 1500.54A

each belt level. The following comprise the MCMAP belt ranking achievement system:

(1) Tan Belt- Basic fundamentals of the mental, character, and physical disciplines; conducted during entry-level training. Character and knowledge required of a basically trained Marine.

(a) Prerequisites- None.

(b) Training hours- 27.5.

(c) Sustainment hours- 7.

(2) Gray Belt- Introduction to intermediate fundamentals of each discipline. Gray Belt is the minimum training goal for all Aviation Combat and Combat Service Support Marines.

(a) Prerequisites- Recommendation of Reporting Senior; complete Tan Belt Sustainment and Integration Training; complete MCI 03.3 Fundamentals of Marine Corps Leadership.

(b) Training hours- 29.0.

(c) Sustainment hours- 14.

(3) Green Belt- Intermediate fundamentals of each discipline. Green Belt is the minimum training goal of all non-infantry ground combat arms Marines.

(a) Prerequisites - Recommendation of Reporting Senior; complete Gray Belt Sustainment and Integration Training; Lance Corporal or above; appropriate level PME complete.

(b) Training hours- 30.0.

(c) Sustainment hours- 21.

(4) Brown Belt- Introduction to advanced fundamentals of each discipline. Brown Belt is the minimum training goal (rank appropriate) of all infantrymen.

(a) Prerequisites- Recommendation of Reporting Senior, complete Green Belt Sustainment and Integration Training, Corporal or above, (Commanding General, Training Command (CG,

DRAFT

MCO 1500.54A

TECOM)(C 46)) may waive the grade requirement for exceptionally qualified LCpls who possess superior leadership skill and maturity, and hold a Black Belt in a MCMAP approved civilian martial art). A listing of MCMAP approved martial arts is available at reference (a). Appropriate level PME complete.

(b) Training hours- 35.0.

(c) Sustainment hours- 28.

(5) Black Belt 1st Degree- Advanced fundamentals.

(a) Prerequisites- Recommendation of Reporting Senior; complete Brown Belt Sustainment and Integration Training; Sergeant or above; appropriate level PME complete.

(b) Training hours- 34.5.

(c) Sustainment hours- 35.

(6) Black Belt Second (2nd) through 6th Degree.

Promotion to the grades of Black Belt 2nd through 6th Degree is conducted using a different methodology than that applied to Tan through 1st Degree Black Belt. Promotion past 1st Degree Black Belt emphasizes instructional skills, Martial Arts Studies, and participation in civilian martial arts.

(a) Black Belt 2nd Degree. Must complete all requirements in accordance with reference (c). Complete Black Belt 1st Degree Sustainment Training. Additionally, the candidate for Black Belt Second Degree must submit to the Director, MCMAP an "Elements of Martial Culture Analysis" (EMCA) for review and approval. Guidelines for the completion of an EMCA are contained in enclosure (3). Candidates must have: Recommendation of Reporting Senior; rank of Staff Sergeant or above (waiverable one grade by CG, TECOM); appropriate level PME complete; 1 year experience at Black Belt 1st Degree.

(b) Black Belt 3rd Degree. Must complete all requirements in accordance with reference (c). Additionally, the candidate must submit to the Director, MCMAP a "Unit Training Integration Plan" (UTIP) for review and approval. Guidelines for the completion of a UTIP are contained in enclosure (4). Candidates must have: Recommendation of Reporting Senior; rank of Staff Sergeant, Chief Warrant Officer-2 (CWO-2), Captain or

DRAFT

MCO 1500.54A

above; appropriate level PME complete; three (3) years experience at Black Belt 2nd Degree.

(c) Black Belt 4th Degree. Promotion to 4th Degree requires the Marine to obtain a 1st Degree Black Belt in a MCMAP approved civilian martial art. Candidates must have: Recommendation of Reporting Senior; rank of Gunnery Sergeant, CWO-3 to CWO-5, Major or above; appropriate level PME complete; three (3) years experience at Black Belt 3rd Degree.

(1) Submit requests for consideration for promotion to a board convened by the Director, MCMAP. Requests for promotion will be made via standard naval letter with enclosures, (including certificate/credential of 1<sup>st</sup> Degree Black Belt Rank), to the Director, MCMAP. The Director, MCMAP will publish guidance concerning the convening of the board and the board's results. An example of a Request for Promotion to 4th Degree Black Belt is contained as enclosure (5) to this order.

(2) Categories for civilian (MCMAP approved) martial arts are: Grappling or throwing arts; striking arts; weapons arts. The grappling or throwing arts are, but not limited to: Judo, Jujutsu, Sambo, Hap Ki Do, Ai Ki Do. Striking arts are, but not limited to: Karate, Tae Kwon Do, Kickboxing, Mui Tai, Kung Fu, Kappa Watta. Weapons arts are, but not limited to: Kabudo, Ascrema, Cali, Kendo, Aiedo.

(d) Black Belt 5th and 6th Degrees. The Director, MCMAP will convene a board annually to consider Marines for promotion to 5th and 6th Degree. Requests for promotion are made via standard naval letter with enclosures to the Director, MCMAP. The Director, MCMAP will publish guidance announcing the convening of the board and the board's results. An example of a Request for Promotion to 5th/6th Degree Black Belt is contained as enclosure (6) to this order.

(1) Candidates for Black Belt Fifth Degree must have: Recommendation of Reporting Senior; rank of Master Sergeant, First Sergeant, CWO-3 to CWO-5, Major or above; and a teaching certificate in a MCMAP approved civilian martial art; appropriate level PME complete; and five (5) years experience at Black Belt 4th Degree.

(2) Candidates for Black Belt Sixth Degree must have: Recommendation of Reporting Senior; rank of Master Gunnery Sergeant, Sergeant Major, CWO-4 to CWO-5, Lieutenant



DRAFT

MCO 1500.54A

Colonel or above; appropriate level PME complete; and five (5) years experience at Black Belt 5th Degree.

8. Responsibilities.

a. Commanding General, Training and Education Command (TECOM C 46).

(1) Ensure the Training Input Plan includes Martial Arts Instructor Trainer Courses.

(2) Provide financial management support for MCMAP budget development and execution.

(3) MCMAP program sponsor.

(4) Sole authority for training and certification/re-certification of MAITs.

(5) Develop MCMAP equipment requirements.

(6) Occupational Field Sponsor for the 8551 and 8552 Military Occupational Field specialties.

b. Commanding Generals, Marine Corps Recruit Depots. Conduct Tan Belt Martial Arts training and testing for all recruits and make appropriate qualification entries to the Marine Corps Total Force System (MCTFS) per reference (d).

c. Commanding Officers, Schools of Infantry, Training Command.

(1) Conduct martial arts sustainment training for entry-level Marines.

(2) Conduct scheduled MAI courses to assist local units that do not have the resources or facilities to hold their own MAI courses.

d. Commanding Officer, The Basic School (CO, TBS), Education Command.

(1) Provide administrative and logistical support to the Director, MCMAP as required.

(2) Conduct Tan Belt Martial Arts training and testing

DRAFT

MCO 1500.54A

for all entry-level officers, and make appropriate qualification entries to the MCTFS per reference (d).

e. Director, Marine Corps Martial Arts Program, Martial Arts Center of Excellence (MACE).

- (1) Responsible for overall development of MCMAP.
- (2) Serve as Officer in Charge of the MACE; lead school for MCMAP.
- (3) Maintain close liaison with operating force unit commanders to ensure training is conducted professionally and in an operationally risk assessed environment.
- (4) Conduct MAIT certification courses at the MACE, Marine Corps Combat Development Command (MCCDC), Quantico, VA.
- (5) Conduct MAIT Mobile Training Teams (MTTs).
- (6) Ensure that proper annotation is made in MCTFS for graduates of MAIT/MAI courses held at the MACE.
- (7) Develop course materials, advanced skills training packages, and special skill training packages, to enhance MCMAP, and/or assist the operational forces.
- (8) Advise CG, TECOM on program waiver requests.
- (9) Conduct local MAIT recertification courses, advanced skills training courses, periodic oversight training visits, or other training as required.
- (10) Ensure that MAI certification /re-certification course curriculum is maintained, revised, and distributed to current MAITs.
- (11) Maintain a record of certified MAITs.
- (12) Ensure quality assurance of MCMAP by:
  - (a) Approving all course materials developed by MAITs.

DRAFT

MCO 1500.54A

(b) Maintain a current library for all approved course material for access/distribution.

(c) Plan for and conduct periodic visits to the Schools of Infantry, MCRDs, Martial Arts Program Far East, and/or other sites.

(13) Approve, in writing, all MAI courses conducted by MAITs not associated with School of Infantry East, School of Infantry West, MCRD Parris Island, MCRD San Diego or Martial Arts Program Far East.

(14) At least bi-annually, conduct 2nd through 6th Degree Black Belt boards to screen and select Marines for promotion to appropriate belt ranks.

(15) Plan for and conduct Course Content Review Boards (CCRBs) to evaluate the MAIT and MAI Courses.

f. Commanding Generals, Marine Forces (MARFORs).

(1) Ensure all martial arts belt certifications/re-certifications are in strict compliance with reference (c) and this order.

(2) Ensure all martial arts instructor certifications are in strict accordance with the CG, TECOM approved Martial Arts Instructor Course Program of Instruction (POI). Units conducting the training courses will report such actions into the MCTFS by unit diary entry per reference (d). Within 10 days of completion of a course, complete and submit enclosure (7) to the Commanding Officer (Attn: Director, MCMAP), The Basic School, Marine Corps Combat Development Command, 24164 Belleau Avenue, Quantico, Virginia 22134-5019.

(3) All units conducting MCMAP training will enter the appropriate code for the belt being promoted to with the date achieved into the MCTFS by unit diary entry per reference (d). A record of all promotions will be maintained locally for evaluation under the Inspector General's (IG) Checklist for a period of 2 years. The following is a list of codes:

(a) MMA- UNQUALIFIED

(b) MMB- TAN BELT

## DRAFT

MCO 1500.54A

- (c) MMC- GRAY BELT
- (d) MMD- GREEN BELT
- (e) MME- GREEN BELT MARTIAL ARTS INSTRUCTOR
- (f) MMF- BROWN BELT
- (g) MMG- BROWN BELT MARTIAL ARTS INSTRUCTOR
- (h) MMH- BLACK BELT, FIRST DEGREE
- (i) MMJ- BLACK BELT, FIRST DEGREE, MARTIAL ARTS INSTRUCTOR
- (j) MMK- BLACK BELT, FIRST DEGREE, MARTIAL ARTS INSTRUCTOR TRAINER
- (k) MMM- BLACK BELT, SECOND DEGREE
- (l) MMN- BLACK BELT, THIRD DEGREE
- (m) MMP- BLACK BELT, FOURTH DEGREE
- (n) MMQ- BLACK BELT, FIFTH DEGREE
- (o) MMR- BLACK BELT, SIXTH DEGREE
- (p) MMS- CHIEF TRAINER OF MARTIAL ARTS INSTRUCTOR TRAINERS

(4) All unit commanders are encouraged to maintain liaison with the Director, MCMAP with regard to MCMAP training, course feedback, and abuses or infractions of MCMAP training.

(5) Abuse of techniques, procedures, or associated drills will be reported to the appropriate unit commander and the Director, MCMAP. Any incident of abuse using the physical techniques or combative conditioning drills, or abuse/neglect on the part of the instructor or trainee during training may result in judicial and/or administrative action taken by the Marine's Commanding Officer.

(a) The Commanding Officer has the right to revoke a Marines Martial Arts Belt Rank or instructor credentials for conduct infractions or unacceptable behavior. Additionally,

DRAFT

MCO 1500.54A

Nonjudicial Punishment (NJP) may result in the loss of the Marine's belt, and reversion to the highest appropriate belt level consistent with a rank reduction or other punishment.

(b) At a time determined by the Commanding Officer, the Marine involved in any of the above circumstances may retest at the previously held belt level (without requirement to complete the entire belt syllabus).

(6) Commands are encouraged to incorporate MCMAP training into their regular unit physical fitness programs. Recommend a minimum of one hour per week. MCMAP training is not especially suited to a "block" training" format (compressed time frame); it is designed to be taught over an extended period of which a weekly physical fitness program is ideal.

(7) Commands without qualified or sufficient numbers of MAIs to conduct training may request, at the unit's expense, quotas to the MAI course, or an MTT from the formal schools at either TBS or one of the Schools of Infantry. It is strongly recommended that every company size unit maintain at least one MAI and that each battalion/squadron level command maintain at least one MAIT, with infantry battalions maintaining at least three MAITs, in order to properly conduct and sustain training and advancement.

(8) Commands with qualified MAIs and/or MAITs will ensure that their three-year certification is current and/or revalidated per this order.

(9) Commands should consider remedial programs for Marines who fail to meet minimum training levels. Any such programs will be under the direction of a certified MAI/MAIT.

(10) United States Navy personnel serving with the Marine Corps are authorized, and strongly encouraged, to participate in MCMAP.

9. MCMAP Billet Descriptions. MCMAP is based on the "train the trainer" concept, implemented through the Systems Approach to Training, with common skills that are required by all Marines. The hierarchy of MCMAP:

a. Chief Trainer, MCMAP. Advises the Director, MCMAP on overall development of MCMAP. Resident at the MACE, a MCMAP Subject Matter Expert (SME), responsible for the research,

## DRAFT

MCO 1500.54A

development, and performance of the techniques and procedures taught in MCMAP. Trains and certifies MAITs.

b. Martial Arts Instructor Trainer (MAIT)- MOS 8552. Trains and certifies MAIs and conducts martial arts training. There is no limit to the number of MAIs each MAIT can certify; however, the MAIT to student ratio in a specific course must not exceed twelve to one. To be designated a MAIT, a Marine must meet the prerequisites for Black Belt 1st Degree and successfully complete the MAIT Course. MAIT certification is good for three years.

(1) To maintain currency, a MAIT must conduct a minimum of one (1) MAI certification course per calendar year (CY) or the command will void his/her MAIT qualification and void the secondary Military Occupational Specialty (MOS) of 8552 until re-certification. However, the individual may conduct MCMAP training as a Martial Arts Instructor (MAI) up to the belt level he/she currently holds and certification to one belt level below. A current MAIT (1st Degree Black Belt) is authorized to teach and to award belts from Tan Belt through Black Belt, 1st Degree.

(2) In order to ensure recertification is documented in MCTFS, commands will enter into MCTFS the appropriate code for the MAIT (belt level dependent) upon receipt of proof that the MAIT has completed an instructor course. This "action date" of the martial arts code will set the Marine's 3 years suspense date.

(3) Recertification for MAITs may take place at the MACE, the SOIs, the MCRDs or other location, provided the current recertification POI is utilized. The recertifying MAIT must be at least one belt rank higher than the MAIT being recertified.

c. Martial Arts Instructor (MAI)- MOS 8551. Conducts martial arts training and is authorized to promote to one belt level below the level individually held. MAI certification or re-certification is valid for three years. A MAI whose certification has lapsed reverts to his/her current belt level without the MAI credential, loses the secondary MOS, and is not authorized to award belts until recertification. However, he/she may assist a certified instructor in conducting martial arts training at or below the belt level held. In order to ensure recertification is documented in MCTFS, commands will enter into MCTFS the appropriate code for the MAI (belt level dependent) upon receipt of proof that the MAI has completed an instructor

DRAFT

MCO 1500.54A

course. This "action date" of the martial arts code will set the Marine's 3 years suspense date. Enclosure (3) is the form required to fulfill record keeping requirements. Local reproduction of these forms is authorized.

d. MCMAP Student (without instructor credentials).  
Executes MCMAP training per unit goals and training plans. Attains and maintains possession of individual Martial Arts Training Log. Ensure currency of the logbook. Any certified Green Belt or higher may assist a MAI or MAIT, must be in the presence of a certified MAI/MAIT, and may assist in supervision and fault-checking for physical techniques.

(1) MCMAP recognizes that several of the fighting techniques included in MCMAP are common and may be taught in other martial arts disciplines. Marines who possess a Black Belt in a MACE approved civilian martial art are encouraged to apply their skills in MCMAP progression. Credit for previous civilian experience is applicable through the 1st Degree Black Belt level; the same credential may be applied to 4th Degree Black Belt when the Marine becomes otherwise eligible. A black belt in a civilian martial art does not indicate/confer instructional credentials.

(2) The process for evaluating and acknowledging a Marine's civilian held martial arts credentials is detailed below and must be followed exactly:

(a) The Marine will submit a waiver request (fully justified, with copy of the certificate/credential) for permission to evaluate previously earned credentials.

(b) CG TECOM will validate the Marine's civilian martial arts credentials and authorize, in writing, the local MAI/MAIT to evaluate the Marine.

(c) The Marine is evaluated by MAI/MAIT using the appropriate performance checklist. The MAI/MAIT will query the Marine on each technique contained in the belt level. If the Marine acknowledges his capability to perform the technique, the MAI will then indicate this on his performance checklist; the Marine will be allowed to forego the specific lesson, having his/her logbook signed off as if he/she attended the lesson. If the Marine indicates no knowledge or capability to perform a specific technique, the Marine must attend the appropriate lesson.

DRAFT

MCO 1500.54A

Upon completion of the requirements for the belt level, the Marine will be offered the opportunity to test. The Marine will be tested on all techniques for the belt level per the performance checklist.

(d) Marines in the grade of Sergeant and below are required to attend the Mental and Character Discipline Tie-ins for the belt rank before being afforded the opportunity to test for the belt rank.

(e) If the Marine acknowledges his capability to perform every technique on the performance checklist, is a SSgt or above, and is passed with a 100% on the performance test, the Marine is authorized to forego sustainment training for that belt level.

e. Subject Matter Experts (SMEs). SMEs are advisors to MCMAP due to their unique knowledge in the field of martial arts. SMEs are designated by the CG, TECOM and are authorized to assist in course development, course revision, supplementary training materials, or other aspects of MCMAP as required. SMEs may be paid or volunteers. SMEs work directly with the Director, MCMAP on a case-by-case, program specific basis.

10. Martial Arts Courses Available. All certification/re-certification of MAIs by MAITs, regardless of location, will be in strict compliance with the CG, TECOM approved Martial Arts Instructor Course POI.

a. Martial Arts Instructor Course.

(1) Instructor certification course conducted by any command with a certified MAIT, utilizing approved course material.

(2) Nominees must be: Recommended by their reporting senior; Cpl or above; 1st class Physical Fitness Test (PFT); full duty status; shoulder injury-free in the previous two years; concussion-free within the previous six months (waiverable by a medical authority); current swim qualification; appropriate level PME complete; gray belt; current T/O weapon qualification; and have one year obligated service upon completion of the course. The CG TECOM (C46) may waive the grade requirement for exceptionally qualified Lance Corporals who possess superior leadership skill and maturity, and have a black belt in an approved civilian martial art. Requests for grade waivers must



## DRAFT

MCO 1500.54A

be fully justified and received by the CG, TECOM (C 46), 3300 Russell Road, Quantico, VA 22134, at least 30 days before the course convening date.

(3) All course graduates will be certified as MAIs and promoted to Green Belt. Additionally, Enlisted Marines will receive the secondary MOS of 8551.

b. Martial Arts Instructor Trainer Course.

(1) Thirty Five (35) training day course of instruction offered at the MACE or by a MACE Mobile Training Team (MTT).

(2) Nominees must be: recommended by their reporting senior; Sgt or above; 1st class PFT; full duty status; shoulder injury-free in the previous two years; concussion-free within the previous six months (waiverable by a medical authority); current swim qualification; appropriate level PME complete; current Green Belt MAI; current T/O weapon qualification; and have one year obligated service upon completion of the course.

(3) All course graduates will be certified as MAITs and promoted to Black Belt 1st Degree. Additionally, Enlisted Marines will receive the secondary MOS of 8552.

11. Semper Fit. Skill level progression in MCMAP, beyond what the individual Marines' unit is capable of providing, is offered at Semper Fit facilities and taught by certified MAIs and MAITs during off-duty hours. This supplements, not replaces, MCMAP unit training. Training will be in accordance with reference (e).

12. Equipment. Only equipment provided through the Marine Corps Supply System is authorized for training. Waivers to use other types of equipment or equipment purchased by a individual command will be submitted per this order.

13. Waivers. Request for waivers will be in standard Naval Letter Format with enclosures. Waivers must be submitted to CG, TECOM (C 46- Training Program Section), 3300 Russell Road, Quantico, VA 22134. Commands will receive written response to all waivers.

a. Candidates for grade waivers must have the

DRAFT

MCO 1500.54A

recommendation of their Reporting Senior. Included in the waiver package should be a description of the individual's unique qualifications, leadership skills, level of maturity, character and judgment. In cases of grade waiver due to unique civilian martial arts achievements, details of the civilian black belt achieved (to include teaching and performance certificate) and/or individual accomplishments (tournament, etc.) should be included.

b. Waivers to use alternate types of training equipment, other than fielded through the USMC supply system, require a CG TECOM waiver. Waiver requests must contain the manufacturer, a complete description of the item, and a photograph.

14. Reserve Applicability. This order is applicable to the Marine Corps Reserve.

EDWARD HANLON, JR.

By direction

DISTRIBUTION: PCN ?

Copy to: 7000110 (55)  
7230080 (4)  
7000144 (2)  
8145001 (2)

## DRAFT

MCO 1500.54A

### Guidelines for the MCMAP Combative Sports Program

1. General. Combative Sports is an integral part of the physical discipline of MCMAP. Combative sports build individual skills, foster confidence, reinforce techniques, and enhance esprit de corps. Specific bouts that comprise the combative sports program include striking and grappling bouts. Combative sports bouts should be integrated into the units physical readiness training program. Marines who have not achieved at least a Tan Belt are not authorized to participate in combative sports. Combative Sports bouts are conducted at a maximum of 50% of the Marine's maximum strength and intensity; never full contact or full force. Each training event should have an appropriate Operational Risk Management (ORM) evaluation conducted, and be conducted in strict accordance with the guidelines established in this order.

2. Personnel. Personnel required to conduct Combative Sports bouts include:

a. Referee: An official who moves about the contest area controlling the bout and contestants. He calls for the Judges' scores, announces his own, and announces the winner of each round and/or the contest as a whole. The referee assesses penalties, and is responsible for ensuring that the bout is conducted in a safe and proper manner. Only certified current MAITs may perform this duty. The referee calls all the commands for the contest. Commands include:

- 1) "Fight"- Begins the bout.
- 2) "Stop"- immediate cessation of the bout.
- 3) "Call"- commands judges to announce their decision.

b. Judge. Two judges are required for all bouts. Judges will stand at opposite corners/sides just outside the contest area. Judges assist the referee with running the contest. They indicate when one or both of the contestants step out of bounds. They also express their opinions as to scoring and/or penalties if they disagree with the referee. Only certified current MAITs or MAIs may perform this duty.

c. Timekeeper: Any Marine with an appropriate time piece.

3. Scoring. The outcome of a bout is decided by a simple majority, with the referee and each judge casting one vote. Conferences between officials for decision-making are allowed, but will not interfere with the conduct of the bout.

a. Striking. At the end of the round the referee will give the command "call." The referee and each judge will award the round to a Marine by motioning in that Marines direction. The contestants will be evaluated on their aggressiveness, technique and overall performance during the round. If a Marine wins the first two rounds of the bout, the bout is decided and there is no third round.

b. Grappling. At the end of the time-limit, unless otherwise decided the referee will give the command "call." The referee and each judge will award the bout to a Marine by motioning in that Marines direction. The contestants will be evaluated on their aggressiveness, technique and overall performance during the bout.

4. Medical. Adequate medical support and transportation must be available in accordance with local Standard Operating Procedures (SOP) for training. Medical screening must be conducted on each contestant before a bout. Screening of contestants will include, at a minimum the following questions:

a. Anyone answering yes to the the following questions will be prohibited from participating in combative sports bouts.

- 1) Dental surgery within the last 24 hours?
- 2) In a light duty, limited duty or no duty status, or possess a sickcall chit?
- 3) Stitches or staples on body?
- 4) Have ear or sinus infection/pain?
- 5) Facial injury (either a blackeye or facial bruising)?
- 6) Participated in a combative sports bout in the last 7 days?

DRAFT

MCO 1500.54A

b. Anyone answering "yes" to the following questions must be evaluated by a medical officer to determine eligibility for participation in a combative sports bout.

- 1) Broken bone (not including stress fractures) within the last six months?
- 2) Head/shoulder injury within the last five years?
- 3) Dislocated a shoulder (at any time)?
- 4) Received a blow to the head within the last seven days?
- 5) Concussion within the last six months?
- 6) History of recurring headaches?
- 7) Loss of consciousness due to a blow to the head (at any time)?
- 8) Disoriented because of a blow received in training? "Disoriented" is defined as a student who either:
  - a) Does not respond to/understand commands.
  - b) Can't remember being knocked down or hit.
  - c) Has slurred speech or appears abnormally clumsy.
- 9) Currently have a headache?
- 10) Have a medical condition not covered above that prevents you from participating in martial arts training?

5. Safety. Safety equipment is mandatory for all bouts. Operational Risk Assessments (ORAs) must be completed for each event/bout.

6. Uniforms. The utility uniform is required for each contestant. Participation in the combative sports program is hard on clothing. At the option of the individual, he/she may

DRAFT

MCO 1500.54A

purchase a commercial martial arts uniform (white or blue) and wear that to save the wear and tear on the utility uniform.

6. Bouts. The combative sports events are described below:

a. Striking. Two Marines employ long and mid-range striking techniques to overcome the other, in order to win the contest. The bouts consist of three, two minute rounds.

1) Competition area.

- a) Can be held either outdoors or indoors.
- b) Marked off no larger than 20 x 20 feet.
- c) Must be level and free of obstructions.

2) Equipment.

- a) No boots. Wrestling shoes or sneakers only.
- b) Knuckle protection (optional; no boxing wraps).
- c) Mouthpiece.
- d) Groin protection.
- e) Females will wear a properly fitted chest protector.

3) Categories and Weight Classes. Competitions are classified by both belt level and weight. These are the belt categories for competition: Gray belts; Green belts/Brown belts; Black Belts. Competitors will only compete in their designated category. Each category is further classified by weight, as described below:

| MEN           | WOMEN         |
|---------------|---------------|
| 135 and below | 105 and below |
| 136 to 165    | 106 to 125    |
| 166 to 180    | 126 to 135    |
| 181 to 198    | 146 to 155    |
| 199 and above | 156 and above |

## DRAFT

MCO 1500.54A

4) Target Areas. Front of the body or torso; inside an imaginary box bounded on the sides by lines extending vertically from the armpit to the waist, and horizontally across the shoulders and again at the belt-line, and thighs.

5) Authorized Techniques.

- a) Jab.
- b) Cross.
- c) Uppercut.
- d) Hook.
- e) Front Kick.
- f) Round Kick.
- g) Side Kick.
- h) Variations of kicks.

6) How a fight can be stopped.

- a) A fighter falls down or goes to a knee or places "hands out."
- b) One fighter concedes.
- c) Decision/Intervention by the referee.
- d) End of the time limit.

7) Illegal Actions.

- a) Intentional strikes to the head.
- b) Intentional strikes to the back.
- c) Intentional strikes to the groin.
- d) Striking the fighter when they are on their knee or down.
- e) Misconduct.

f) Taunting the opponent.

8) Penalties. Penalties will be called for any type of illegal action in the contest area. Penalties can be called for any unsportsman-like conduct. A penalty may be called for lack of aggressiveness in the ring.

a) 1st Time - Warning.

b) 2nd Time - Loss of the round.

c) 3rd Time - Disqualification.

b. Grappling. Two Marines employ throwing, ground-fighting, unarmed manipulation techniques and chokes, to overcome the other, in order to win the contest. Match will be 6 minutes long.

1) Competition area.

a) Must be indoors on a mat.

b) Marked off no larger than 30 x 30 feet.

c) Must be level and clear of obstructions.

2) Equipment.

a) No boots, wrestling shoes or bare feet.

b) Mouthpiece.

3) Categories and Weight Classes. Competitions are classified by both belt level and weight. These are the belt categories for competition: Gray belts; Green belts/Brown belts; Black Belts. Competitors will only compete in their designated category. Each category is further classified by weight, as described below:



## DRAFT

MCO 1500.54A

### MEN

135 and below  
136 to 150  
151 to 165  
166 to 180  
181 to 198  
199 and above

### WOMEN

105 and below  
106 to 115  
116 to 125  
126 to 135  
126 to 135  
136 to 145  
146 to 155  
156 and above

#### 4) How a fight can be stopped.

a) Victory Throw. Marine executes a skillful throwing technique that results in the other contestant being thrown largely/squarely on the back with appropriate force or speed.

b) Uses any of the following to force his opponent to submit ("Tap Out" rules apply):

- (1) Choke- any blood choke.
- (2) Armbar- both straight and bent.
- (3) Kneebar- both straight and bent.
- (4) Anklelocks.

#### 5) Illegal Actions.

- a) Throwing an opponent on his head.
- b) Pulling hair, ears, or genitals.
- c) Placing hands, legs, or head against the opponent's face.
- d) Pinching the skin, biting, or twisting fingers and toes.
- e) Twisting the opponent's neck.
- f) Twisting the opponent's heel.

DRAFT

MCO 1500.54A

- g) Intentionally hyper-extending a joint.
- h) Holding or grasping the mat.
- i) Scissoring the legs on the opponents neck  
or body.
- j) Head butting.
- k) Stomping on the opponent's feet.
- l) Taunting the opponent.

6) Penalties. Penalties will be called for any type of illegal action in the contest area. Penalties can be called for any unsportsman-like conduct. A penalty may be called for lack of aggressiveness in the contest.

- a) 1st Time - Warning.
- b) 2nd Time - Disqualification.

DRAFT

MCO 1500.54A

Performance Evaluations and Promotions in the Belt Ranking  
Achievement System

Table of Contents

| <u>Belt Rank Achievement Level</u> | <u>Pages</u> |
|------------------------------------|--------------|
| 1. Tan Belt                        | 2-2          |
| 2. Gray Belt                       | 2-5          |
| 3. Green Belt                      | 2-8          |
| 4. Brown Belt                      | 2-10         |
| 5. Black Belt First Degree         | 2-13         |
| 6. Black Belt Second Degree        | 2-16         |

## TAN BELT PERFORMANCE TEST

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

### Physical Discipline

#### a. Fundamentals

- |                                     |            |            |                 |
|-------------------------------------|------------|------------|-----------------|
| 1. Execute the basic warrior stance | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute angles of movement       | Pass _____ | Fail _____ | Remediate _____ |

#### b. Punches

- |                              |            |            |                 |
|------------------------------|------------|------------|-----------------|
| 1. Execute a lead hand punch | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute a rear hand punch | Pass _____ | Fail _____ | Remediate _____ |
| 3. Execute an uppercut       | Pass _____ | Fail _____ | Remediate _____ |
| 4. Execute a hook            | Pass _____ | Fail _____ | Remediate _____ |

#### c. Falls

- |                                    |            |            |                 |
|------------------------------------|------------|------------|-----------------|
| 1. Execute a front break-fall      | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute a back break-fall       | Pass _____ | Fail _____ | Remediate _____ |
| 3. Execute a right side break-fall | Pass _____ | Fail _____ | Remediate _____ |
| 4. Execute a left side break-fall  | Pass _____ | Fail _____ | Remediate _____ |
| 5. Execute a forward shoulder roll | Pass _____ | Fail _____ | Remediate _____ |

#### d. Bayonet Techniques

- |                                              |            |            |                 |
|----------------------------------------------|------------|------------|-----------------|
| 1. Execute a straight thrust                 | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute vertical buttstroke               | Pass _____ | Fail _____ | Remediate _____ |
| 3. Execute horizontal buttstroke             | Pass _____ | Fail _____ | Remediate _____ |
| 4. Execute a smash                           | Pass _____ | Fail _____ | Remediate _____ |
| 5. Execute a slash                           | Pass _____ | Fail _____ | Remediate _____ |
| 6. Execute a parry                           | Pass _____ | Fail _____ | Remediate _____ |
| 7. Execute movement, approaching and closing | Pass _____ | Fail _____ | Remediate _____ |

#### e. Pugil Sticks

- |                                      |            |            |                 |
|--------------------------------------|------------|------------|-----------------|
| 1. Participate in a pugil stick bout | Pass _____ | Fail _____ | Remediate _____ |
|--------------------------------------|------------|------------|-----------------|

#### f. Upper Body Strikes

- |                                              |            |            |                 |
|----------------------------------------------|------------|------------|-----------------|
| 1. Execute an eye gouge                      | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute horizontal hammerfist strike      | Pass _____ | Fail _____ | Remediate _____ |
| 3. Execute vertical hammerfist strike        | Pass _____ | Fail _____ | Remediate _____ |
| 4. Execute forward horizontal elbow strike   | Pass _____ | Fail _____ | Remediate _____ |
| 5. Execute vertical elbow strike low to high | Pass _____ | Fail _____ | Remediate _____ |

#### g. Lower Body Strikes

- |                                   |            |            |                 |
|-----------------------------------|------------|------------|-----------------|
| 1. Execute a front kick           | Pass _____ | Fail _____ | Remediate _____ |
| 2. Execute a round kick           | Pass _____ | Fail _____ | Remediate _____ |
| 3. Execute a vertical knee strike | Pass _____ | Fail _____ | Remediate _____ |
| 4. Execute a vertical stomp       | Pass _____ | Fail _____ | Remediate _____ |

#### h. Chokes

- |                         |            |            |                 |
|-------------------------|------------|------------|-----------------|
| 1. Execute a rear choke | Pass _____ | Fail _____ | Remediate _____ |
|-------------------------|------------|------------|-----------------|

## DRAFT

2. Execute a figure 4 variation to the rear choke Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- i. Throws**
1. Execute a leg sweep Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- j. Counters to Strikes**
1. Execute counter to a rear hand punch Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute counter to a rear leg kick Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- k. Counter to Chokes and Holds**
1. Execute a counter to rear choke Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute a counter to rear headlock Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
3. Execute a counter to rear bearhug Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- l. Unarmed Restraints**
1. Execute a basic wrist-lock and takedown Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute a reverse wrist-lock Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
3. Execute an armbar and takedown Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- m. Armed Manipulations**
1. Execute a counter to the muzzle grab Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute a counter to the overhand grab Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
3. Execute a counter to the underhand grab Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
4. Execute a high block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
5. Execute a low block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
6. Execute a mid block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
7. Execute a left block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
8. Execute a right block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- n. Knife Techniques**
1. Execute a vertical slash Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute a vertical thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
3. Incorporate movement Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
- o. Weapons of Opportunity**
1. Execute a straight thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_
2. Execute block to a straight thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

In order to obtain belt the student must score 70%; student can fail no more than 16 techniques. Each technique is worth 1.88 points. If a student fails testing he must wait a minimum of a day to retest.

Pass\_\_\_\_\_ Fail\_\_\_\_\_ Percentage\_\_\_\_\_

Instructor Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_

## GRAY BELT PERFORMANCE TEST

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

### Sustainment from Previous Rank (Tan Belt)

|                 |       |           |           |                |
|-----------------|-------|-----------|-----------|----------------|
| 1. Technique #1 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Technique #2 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Technique #3 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 4. Technique #4 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 5. Technique #5 | _____ | Pass_____ | Fail_____ | Remediate_____ |

**\*Sustainment-** Student must pass all five techniques in order to continue.

Pass\_\_\_\_\_ Fail\_\_\_\_\_

If a student fails testing he must wait a minimum of a day to retest.

### Physical Discipline

#### a. Intro to Bayonet Trainer (Blunt Bayonet Trainer)

|                                  |       |           |           |                |
|----------------------------------|-------|-----------|-----------|----------------|
| 1. Disrupt while closing w/enemy | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Thrust while closing w/enemy  | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### b. Upper Strikes

|                                                |       |           |           |                |
|------------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute an inside knifehand strike          | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute an outside knifehand strike         | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute a vertical knifehand strike         | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 4. Execute a chin jab                          | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 5. Execute horizontal rear elbow strike        | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 6. Execute a vertical elbow strike high to low | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### c. Lower Body Strikes

|                                     |       |           |           |                |
|-------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a side kick              | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a horizontal knee strike | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute an axe stomp             | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### d. Execute Front Choke

|                              |       |           |           |                |
|------------------------------|-------|-----------|-----------|----------------|
| 1. Locate the carotid artery | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a front choke     | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### e. Hip Throw

|                        |       |           |           |                |
|------------------------|-------|-----------|-----------|----------------|
| 1. Execute a hip throw | _____ | Pass_____ | Fail_____ | Remediate_____ |
|------------------------|-------|-----------|-----------|----------------|

#### f. Counters to Strikes

|                                           |       |           |           |                |
|-------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a counter to a lead hand punch | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a counter to a lead leg kick   | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### g. Counters to Chokes & Holds

|                                            |       |           |           |                |
|--------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a counter to the front choke    | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a counter to the front headlock | _____ | Pass_____ | Fail_____ | Remediate_____ |

## DRAFT

3. Execute a counter to the front bearhug Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### h. Unarmed Restraints

1. Execute the basic wristlock come-along Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute the escort position Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### i. Armed Manipulations

1. Execute off-balancing while opponent is pushing Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute off-balancing while opponent is pulling static Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Execute off-balancing while opponent is pulling and moving Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Execute inside strike buttstroke Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
5. Execute outside strike buttstroke Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### j. Knife Techniques

1. Execute a forward thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute a forward slash Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Execute a reverse thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Execute a reverse slash Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
5. Demonstrate movement against opponent Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### k. Weapons of Opportunity

1. Execute a vertical strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute a forward strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Execute a reverse strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Execute a straight thrust Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### l. Ground Fighting

1. Execute an armbar from the mount Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute an armbar from the guard Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### m. Nonlethal Baton

1. Execute one-handed forward strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute one-handed reverse strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Execute right block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Execute left block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
5. Execute mid block Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
6. Execute the strong side armlock Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

In order to obtain belt the student must score 70%; student can fail no more than 13 techniques. Each technique is worth 2.32 points. If a student fails testing he must wait a minimum of a day to retest.

Pass\_\_\_\_\_ Fail\_\_\_\_\_ Percentage\_\_\_\_\_

Instructor Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_

## GREEN BELT PERFORMANCE TEST

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

### Sustainment from Previous Ranks (1-5 Tan; 6-10 Gray)

|                   |       |           |           |                |
|-------------------|-------|-----------|-----------|----------------|
| 1. Technique #1   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Technique #2   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Technique #3   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 4. Technique #4   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 5. Technique #5   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 6. Technique #6   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 7. Technique #7   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 8. Technique #8   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 9. Technique #9   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 10. Technique #10 | _____ | Pass_____ | Fail_____ | Remediate_____ |

**\*Sustainment-** Student can miss only 1 technique (90%) in order to continue.

Pass\_\_\_\_\_ Fail\_\_\_\_\_

If a student fails testing he must wait a minimum of a day to retest.

### Physical Discipline

#### a. Bayonet (Blunt Bayonet Trainer)

|                                                            |       |           |           |                |
|------------------------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a disrupt while closing<br>w/ a moving opponent | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a thrust while closing<br>w/ a moving opponent  | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute a butt-strike offline<br>w/ a static opponent   | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### b. Muscular Gouging

|                                           |       |           |           |                |
|-------------------------------------------|-------|-----------|-----------|----------------|
| 1. Identify 5 target areas for<br>gouging | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Demonstrate muscular gouging           | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### c. Side Choke

|                                                   |       |           |           |                |
|---------------------------------------------------|-------|-----------|-----------|----------------|
| 1. Identify verbally when a side<br>choke is used | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a side choke                           | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### d. Shoulder Throw

|                             |       |           |           |                |
|-----------------------------|-------|-----------|-----------|----------------|
| 1. Execute a shoulder throw | _____ | Pass_____ | Fail_____ | Remediate_____ |
|-----------------------------|-------|-----------|-----------|----------------|

#### e. Counters to Strikes

|                                       |       |           |           |                |
|---------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a counter to a round kick  | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a counter to a round punch | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### f. Unarmed Restraints

|                                               |       |           |           |                |
|-----------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute enhanced pain compliance           | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a reverse wrist-lock<br>come-along | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute controlling techniques             | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### g. Knife Techniques

|                                                                  |       |           |           |                |
|------------------------------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute block for a vertical<br>strike w/follow-on techniques | _____ | Pass_____ | Fail_____ | Remediate_____ |
|------------------------------------------------------------------|-------|-----------|-----------|----------------|



## DRAFT

2. Execute block for a forward strike w/follow-on techniques      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### h. Nonlethal Baton Techniques

1. Execute a two-handed forward strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
2. Execute a two-handed reverse strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
3. Execute a rear jab      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
4. Execute a high block      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
5. Execute a low block      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### i. Weapons of Opportunity

1. Execute block for a vertical strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
2. Execute block for a forward strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
3. Execute block for a reverse strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
4. Execute block for a straight thrust      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### j. Ground Fighting

1. Execute the counter to mount      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_
2. Execute the counter to guard      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

In order to obtain belt the student must score 70%; student can fail no more than 8 techniques. Each technique is worth 3.84 points. If a student fails testing he must wait a minimum of a day to retest.

Pass\_\_\_\_ Fail\_\_\_\_ Percentage\_\_\_\_

Instructor Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

## BROWN BELT PERFORMANCE TEST

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

### Sustainment from Previous Ranks (1-5 Tan; 6-10 Gray; 11-15 Green)

|                   |           |           |                |
|-------------------|-----------|-----------|----------------|
| 1. Technique #1   | Pass_____ | Fail_____ | Remediate_____ |
| 2. Technique #2   | Pass_____ | Fail_____ | Remediate_____ |
| 3. Technique #3   | Pass_____ | Fail_____ | Remediate_____ |
| 4. Technique #4   | Pass_____ | Fail_____ | Remediate_____ |
| 5. Technique #5   | Pass_____ | Fail_____ | Remediate_____ |
| 6. Technique #6   | Pass_____ | Fail_____ | Remediate_____ |
| 7. Technique #7   | Pass_____ | Fail_____ | Remediate_____ |
| 8. Technique #8   | Pass_____ | Fail_____ | Remediate_____ |
| 9. Technique #9   | Pass_____ | Fail_____ | Remediate_____ |
| 10. Technique #10 | Pass_____ | Fail_____ | Remediate_____ |
| 11. Technique #11 | Pass_____ | Fail_____ | Remediate_____ |
| 12. Technique #12 | Pass_____ | Fail_____ | Remediate_____ |
| 13. Technique #13 | Pass_____ | Fail_____ | Remediate_____ |
| 14. Technique #14 | Pass_____ | Fail_____ | Remediate_____ |
| 15. Technique #15 | Pass_____ | Fail_____ | Remediate_____ |

**\*Sustainment-** Student can miss only 1 technique (90%) in order to continue.

Pass\_\_\_\_\_ Fail\_\_\_\_\_

If a student fails testing he must wait a minimum of a day to retest.

### Physical Discipline

#### a. Bayonet Trainer (Blunt Bayonet Trainer)

|                                           |           |           |                |
|-------------------------------------------|-----------|-----------|----------------|
| 1. Execute bayonet techniques 1-on-2      | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute team bayonet techniques 2 on-1 | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute team bayonet techniques 2-on-2 | Pass_____ | Fail_____ | Remediate_____ |

#### b. Ground Fighting

|                                          |           |           |                |
|------------------------------------------|-----------|-----------|----------------|
| 1. Execute a bent armbar from side mount | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a basic leglock               | Pass_____ | Fail_____ | Remediate_____ |

#### c. Ground Chokes

|                                 |           |           |                |
|---------------------------------|-----------|-----------|----------------|
| 1. Execute a front choke        | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a rear choke         | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute a side choke         | Pass_____ | Fail_____ | Remediate_____ |
| 4. Execute a figure 4 variation | Pass_____ | Fail_____ | Remediate_____ |

#### d. Major Inside Reap Throw

|                                      |           |           |                |
|--------------------------------------|-----------|-----------|----------------|
| 1. Execute a major inside reap throw | Pass_____ | Fail_____ | Remediate_____ |
|--------------------------------------|-----------|-----------|----------------|

#### e. Unarmed vs. Hand Held

|                                     |           |           |                |
|-------------------------------------|-----------|-----------|----------------|
| 1. Demonstrate hollowing out        | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute a bent armbar counter    | Pass_____ | Fail_____ | Remediate_____ |
| 3. Execute a forward armbar counter | Pass_____ | Fail_____ | Remediate_____ |
| 4. Execute a reverse armbar counter | Pass_____ | Fail_____ | Remediate_____ |

#### f. Firearm Retention

|                                   |           |           |                |
|-----------------------------------|-----------|-----------|----------------|
| 1. Execute the blocking technique | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute an armbar technique    | Pass_____ | Fail_____ | Remediate_____ |

## DRAFT

3. Execute a wristlock technique      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### g. Firearm Disarmament

1. Execute counter to pistol to the front      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

2. Execute counter to pistol to the rear      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### h. Knife Techniques

1. Execute block for a forward strike with follow-on techniques      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

2. Execute block for a reverse strike with follow-on techniques      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

3. Execute block for a straight thrust      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### i. Non-Lethal Baton

1. Execute a counter to the middle grab      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

2. Execute a counter to the end grab      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

3. Execute a modified baton carry      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

4. Execute block for a vertical strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

5. Execute block for a forward strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

6. Execute block for a reverse strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

7. Execute block for a straight linear attack      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

### j. Weapons of Opportunity

1. Execute block for a vertical strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

2. Execute block for a forward strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

3. Execute block for a Reverse strike      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

4. Execute block for a straight thrust/linear attack      Pass\_\_\_\_ Fail\_\_\_\_ Remediate\_\_\_\_

In order to obtain belt the student must score 70%; student can fail no more than 9 techniques. Each technique is worth 3.3 points. If a student fails testing he must wait a minimum of a day to retest.

Pass\_\_\_\_ Fail\_\_\_\_ Percentage\_\_\_\_

Instructor Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_

## BLACK BELT 1ST DEGREE PERFORMANCE TEST

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

Sustainment from Previous Ranks (1-5 Tan, 6-10 Gray, 11-15 Green, 16-20 Brown)

|                   |       |           |           |                |
|-------------------|-------|-----------|-----------|----------------|
| 1. Technique #1   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Technique #2   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 3. Technique #3   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 4. Technique #4   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 5. Technique #5   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 6. Technique #6   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 7. Technique #7   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 8. Technique #8   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 9. Technique #9   | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 10. Technique #10 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 11. Technique #11 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 12. Technique #12 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 13. Technique #13 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 14. Technique #14 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 15. Technique #15 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 16. Technique #16 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 17. Technique #17 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 18. Technique #18 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 19. Technique #19 | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 20. Technique #20 | _____ | Pass_____ | Fail_____ | Remediate_____ |

**\*Sustainment-** Student can miss only 2 techniques (90%) in order to continue.

Pass\_\_\_\_\_ Fail\_\_\_\_\_

If a student fails testing he must wait a minimum of a day to retest.

### Physical Discipline

#### a. Bayonet Techniques

|                                                                               |       |           |           |                |
|-------------------------------------------------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute bayonet techniques in a low light environment 1-on-1               | _____ | Pass_____ | Fail_____ | Remediate_____ |
| 2. Execute bayonet techniques vs. multiple attackers in low light environment | _____ | Pass_____ | Fail_____ | Remediate_____ |

#### b. Sweeping Hip Throw

|                                 |       |           |           |                |
|---------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a sweeping hip throw | _____ | Pass_____ | Fail_____ | Remediate_____ |
|---------------------------------|-------|-----------|-----------|----------------|

#### c. Face Rip from the Guard

|                                      |       |           |           |                |
|--------------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a face rip from the guard | _____ | Pass_____ | Fail_____ | Remediate_____ |
|--------------------------------------|-------|-----------|-----------|----------------|

#### d. Neck Crank Takedown

|                                  |       |           |           |                |
|----------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a neck crank takedown | _____ | Pass_____ | Fail_____ | Remediate_____ |
|----------------------------------|-------|-----------|-----------|----------------|

#### e. Triangle Choke From the Guard Position

|                             |       |           |           |                |
|-----------------------------|-------|-----------|-----------|----------------|
| 1. Execute a triangle choke | _____ | Pass_____ | Fail_____ | Remediate_____ |
|-----------------------------|-------|-----------|-----------|----------------|

#### f. Rolling Knee-bar

|                               |       |           |           |                |
|-------------------------------|-------|-----------|-----------|----------------|
| 1. Execute a rolling knee-bar | _____ | Pass_____ | Fail_____ | Remediate_____ |
|-------------------------------|-------|-----------|-----------|----------------|

## DRAFT

### **g. Straight Armbar from a Scarf Hold**

1. Execute a straight armbar from a scarf hold Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### **h. Bent Armbar from a Scarf Hold**

1. Execute a bent armbar from a scarf hold Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### **i. Counter Pistol to the Head**

1. Execute counter to the pistol to the head Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### **j. Striking Techniques**

1. Execute a cupped hand strike Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute a face smash Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### **k. Knife vs. Handheld Weapons**

1. Execute blocking technique against a vertical attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Execute blocking technique against forward attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Execute blocking technique against reverse attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Execute blocking technique against linear attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
5. Execute blocking techniques with follow-on slashing techniques against vertical attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
6. Execute blocking techniques with follow-on slashing techniques against forward attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
7. Execute blocking techniques with follow-on slashing techniques against reverse attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
8. Execute blocking techniques with Follow-on slashing techniques against linear attack Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

### **l. Anatomy**

1. Demonstrate five pressure points on the head Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
2. Demonstrate five pressure points on the neck Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
3. Demonstrate five pressure points on the arm Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_  
4. Demonstrate five pressure points on the leg Pass\_\_\_\_\_ Fail\_\_\_\_\_ Remediate\_\_\_\_\_

In order to obtain belt the student must score 70%; student can fail no more than 7 techniques. Each technique is worth 4.2 points. If a student fails testing he must wait a minimum of a day to retest.

Pass\_\_\_\_\_ Fail\_\_\_\_\_ Percentage\_\_\_\_\_

Instructor Trainer Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Trainer Signature \_\_\_\_\_

**BLACK BELT 2ND DEGREE PERFORMANCE TEST**

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SSN \_\_\_\_\_ DATE \_\_\_\_\_

**Execute the MCMAP Engagement Pattern****a. Rifle versus Rifle**

|                            |            |            |                 |
|----------------------------|------------|------------|-----------------|
| 1. Slash Response          | Pass _____ | Fail _____ | Remediate _____ |
| 2. Off-Line Thrust-Inside  | Pass _____ | Fail _____ | Remediate _____ |
| 3. Off-Line Thrust-Outside | Pass _____ | Fail _____ | Remediate _____ |
| 4. Tie-up Point Control    | Pass _____ | Fail _____ | Remediate _____ |
| 5. Tie-up Buttstroke       | Pass _____ | Fail _____ | Remediate _____ |

**b. Short Weapon versus Rifle**

|                    |            |            |                 |
|--------------------|------------|------------|-----------------|
| 1. Disrupt-Inside  | Pass _____ | Fail _____ | Remediate _____ |
| 2. Disrupt-Outside | Pass _____ | Fail _____ | Remediate _____ |

**c. Empty Hand versus Rifle**

|                  |            |            |                 |
|------------------|------------|------------|-----------------|
| 1. Entry-Inside  | Pass _____ | Fail _____ | Remediate _____ |
| 2. Entry-Outside | Pass _____ | Fail _____ | Remediate _____ |

In order to obtain belt the student must score 70%; student can fail no more than 2 steps in the Engagement Pattern. Each technique is worth 10 points. If a student fails testing he must wait a minimum of a day to retest.

Pass \_\_\_\_\_ Fail \_\_\_\_\_ Percentage \_\_\_\_\_

Instructor Trainer Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Instructor Trainer Signature \_\_\_\_\_

## DRAFT

MCO 1500.54A

### Guidelines for the completion of an Elements of Martial Culture Analysis

1. General. Promotion to Black Belt Second Degree in MCMAP includes completing an Elements of Martial Culture Analysis (EMCA).

2. Guidelines for construction of an EMCA. The EMCA will provide an in-depth assessment on one aspect or element of a Martial Culture, (e.g., training, tactics, customs, traditions). The purpose of the analysis is to demonstrate the student's grasp of key concepts and applications of Martial Culture Studies and how they compare and contrast with the Marine Corps' specific culture.

a. The EMCA is considered a highly technical/literary paper suitable for publishing and/or Professional Military Education (PME) applications. Accordingly, it should be well organized and written, providing a thorough analysis clear of grammatical and spelling errors.

b. The paper will be 8-10 typed pages, double-spaced, with endnotes or footnotes.

c. Outline of an EMCA:

1) Executive Summary. This statement will summarize the main themes of the EMCA.

2) Introduction. This portion should introduce the element analyzed, explain why it was selected and present interesting aspects of the element and its applicability to martial culture.

3) Background. This portion should provide a historical setting on the unit or culture analyzed.

4) Analysis. The body of the EMCA. Analysis will include strengths and weaknesses, stand-alone specifics (if applicable), past and present examples of martial culture within the framework of the element analyzed.

5) Discussions and Recommendations. This portion should present key issues and tie them into the performance of the culture/group in training and preparation for combat and

DRAFT

MCO 1500.54A

compare/contrast it with the Marine Corps culture as a whole and martial cultures in specific.

6) Conclusion. This portion should provide a concise conclusion to the paper.

7) Reference List. This listing should include all of academic and other sources cited in the EMCA.



## DRAFT

MCO 1500.54A

### Guidelines for the completion of a Unit Training Integration Plan

1. General. Promotion to Black Belt Third Degree in MCMAP requires completing a Unit Training Integration Plan (UTIP).
2. Guidelines for construction of a UTIP. The UTIP is considered a highly technical/professional document. Accordingly, it should be well organized and written, providing a workable training plan, clear of grammatical and spelling errors.
3. Content. The UTIP will provide a complete plan for integrating MCMAP into the unit's basic daily, weekly, and monthly routine. The purpose is to demonstrate the student's grasp of key concepts and applications and how MCMAP can be integrated into a unit's training plan.
  - a. The paper will be 8-10 typed pages, double-spaced, with endnotes or footnotes. Enclosures are acceptable, to include graphics and charts as applicable.
  - b. The UTIP must present sufficient evidence of Integrating MCMAP with the unit's Mission Essential Tasks List (METL). The UTIP should be written in a readable and engaging manner.
  - c. Outline of a UTIP:
    - 1) Executive Summary. This statement will summarize the main themes of the plan, to include unit mission, goals, and objectives. A copy of the unit Commander's Intent should be included if available.
    - 2) Introduction. This portion should introduce the unit where training is implemented, to include why it was selected and present status of MCMAP within the unit.
    - 3) Background. This portion should provide a technical background on the unit, to include its mission and METLs.
    - 4) Plan. The body of the UTIP. The plan should lay out in detail how MCMAP training will be integrated into a unit's training plan over an extended period (six month minimum). If

## DRAFT

MCO 1500.54A

the UTIP is theoretical in nature (has not been implemented), then the results can be omitted.

5) Discussion and Recommendation. This portion should synopsise key issues and problems/solutions to integration. The recommendations can be both unit and/or Marine Corps-specific in nature. A presentation strategy to obtain the Commanding Officer's approval should be included.

6) Reference List. This list should include all of the academic and other sources cited in the UTIP.

DRAFT

MCO 1500.54A

Example Request for Promotion to Black Belt Fourth Degree

Unit Letterhead

IN REPLY REFER TO:  
1500.54  
3  
X XXX XX

From: Rank, Last Name, First Name, MI, SSN/MOS USMC  
To: Director, Marine Corps Martial Arts Program (MCMAP),  
Martial Arts Center of Excellence  
Via: Immediate Commanding Officer (Bn/Sqd or higher)

Subj: APPLICATION FOR ADVANCEMENT TO BLACK BELT FOURTH DEGREE  
IN THE MARINE CORPS MARTIAL ARTS PROGRAM

Ref: (a) MCO 1500.54A

Encl: (1) Certified True copy of Certificate of Achievement of  
1st Degree Black Belt  
(2) Letters of Recommendation

1. Per the reference, I request consideration for promotion to the grade of Black Belt Fourth Degree in the Marine Corps Martial Arts Program.

2. "Paragraph 2 is a narrative of individual accomplishments, to include training and experience in MCMAP. This paragraph should address personal impact on unit training, mentoring, and benefits to the command from your presence and efforts."

3. Enclosures (1) and (2) are submitted as required by MCO 1500.54A.

4. Full length photograph is provided below.

DRAFT

MCO 1500.54A

Height XX" Weight XXX lbs Date of Photograph XXXXXX  
% Body Fat NA  
Latest PFT Score XXX Class XXX Class Date XXXXXX  
Pull-Ups XX Crunches XXX Run XX:XX

X. X. XXXXX

DRAFT

MCO 1500.54A

Example Request for Promotion to Black Belt Fifth and Sixth  
Degree

Unit Letterhead

IN REPLY REFER TO:  
1500.54  
3  
X XXX XX

From: Rank, Last Name, First Name, MI, SSN/MOS USMC  
To: Director, Marine Corps Martial Arts Program (MCMAP),  
Martial Arts Center of Excellence  
Via: Immediate Commanding Officer (Bn/Sqd or higher)  
  
Subj: APPLICATION FOR ADVANCEMENT TO BLACK BELT FIFTH OR SIXTH  
DEGREE IN THE MARINE CORPS MARTIAL ARTS PROGRAM

Ref: (a) MCO 1500.54A

Encl: (1) Letters of Recommendation  
(2) Other material as appropriate

1. Per the reference, I request consideration for promotion to the grade of Black Belt (Fifth/Sixth) Degree in the Marine Corps Martial Arts Program.

2. "Paragraph 2 is a narrative of individual accomplishments, to include training and experience in MCMAP. This paragraph should address personal impact on unit training, mentoring, and benefits to the command from your presence and efforts."

3. Enclosures (1) and (2) are submitted as required by MCO 1500.54A.

4. Full length photograph is provided below.

DRAFT

MCO 1500.54A

Height XX" Weight XXX lbs Date of Photograph XXXXXX  
% Body Fat NA  
Latest PFT Score XXX Class XXX Class Date XXXXXX  
Pull-Ups XX Crunches XXX Run XX:XX

X. X. XXXXX

## NAVMC 11432 (11-01) (EF) SN: 0000-00-888-1070

REPORT CONTROL SYMBOL:

[illegible]

## NAVMC 11432 (11-01) (EF) (PAGE 2)

|                                   |                                         |                              |                |
|-----------------------------------|-----------------------------------------|------------------------------|----------------|
| DISTRIBUTION: ORIGINAL UNIT DIARY | (2) CG TECOM (TPC472)<br>(MAI/MAITONLY) | (3) LOCAL TRAINING<br>RECORD | (4) INSTRUCTOR |
|-----------------------------------|-----------------------------------------|------------------------------|----------------|

[illegible]